



How Asthma-Friendly Is Your School?

Children with asthma need proper support at school to keep their asthma under control and be fully active. Use the questions below to find out how well your school assists children with asthma:

1. Is your school free of tobacco smoke all of the time, including during school-sponsored events?
2. Does the school maintain good indoor air quality? Does it reduce or eliminate allergens and irritants that can make asthma worse?
3. Allergens and irritants include pets with fur or feathers, mold, dust mites (for example, in carpets and upholstery), cockroaches and strong odors or fumes from such products as pesticides, paint, perfumes and cleaning chemicals.
4. Is there a school nurse in your school all day, every day? If not, is a nurse regularly available to the school to help write plans and give guidance for students with asthma about medicines, physical education and field trips?
5. Can children take medicines at school as recommended by their doctor and parents? May children carry their own asthma medicines?
6. Does your school have an emergency plan for taking care of a child with a severe asthma episode (attack)? Is it

made clear what to do? Who to call? When to call?

7. Does someone teach school staff about asthma, asthma management plans, and asthma medicines? Does someone teach all students about asthma and how to help a classmate who has it?
8. Do students have good options for fully and safely participating in physical education class and recess? (For example, do students have access to their medicine before exercise? Can they choose modified or alternative activities when medically necessary?)

If the answer to any question is no, students may be facing obstacles to asthma control. Asthma out of control can hinder a student's attendance, participation and progress in school. School staff, health professionals and parents can work together to remove obstacles and to promote students' health and education.

Contact the organizations listed below for information about asthma and helpful ideas for making school policies and practices more asthma-friendly. Federal and State laws are there to help children with asthma.

Asthma can be controlled; expect nothing less.

National Asthma Education and Prevention Program
National Heart, Lung, and Blood Institute Information Center
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